

July		South County Senior Center						2025	
		225 Lemay Ferry Rd 314-631-8698							
		Menu Subject to Change without Notice							
Monday		Tuesday		Wednesday		Thursday		Friday	
		1	Oven Baked Fish W/ Cheese Brussel Sprouts Potato Wedges Tropical Fruit Salad Wheat Bun	2	Cheese Ravioli Zucchini Fries Tomato Sauce Apple Sauce Garlic Bread Fig Bar	3	BBQ hamburgers Baked Beans Cole Slaw Strawberry Angle Food Cake Wheat Bun	4	CLOSED HAPPY 4 TH OF JULY
7	Cheesv Ranch Chicken Broccoli Creamed Corn Pears Garlic Bread cookie	8	Stuffed Pepper Cassserole Refried Beans Orange Dreamsicle Dessert Sun Chips	9	Ham And Cheese Lettuce ,Tomatoes Potato Salad Three Bean Salad Blue Berries Wheat Bread	10	Meatloaf W/Gravy Mashed Potatoes Green Beans Wheat Roll Fig Bar peaches	11	Open Faced Roast Beef W/SwissW/Gravy Cauliflower Peas Stewed Apples Raisins Wheat Bread
14	Sloppy Joe Tator Tots Baked Beans Fruit In Jello Wheat Bun Sun Ships	15	Chicken & Dumpling Roasted Brussel Sprouts Carrots Oranges Dumpling Noodle Corn Bread	16	Fish Sticks Sauteed Spinach Potato Wedges Grapes Mac&Cheese Wheat Bread	17	Chili Dogs Corn W/ Peppers Cole Slaw Peach Cobbler Bun Graham Crackers	18	Crab Cakes Cheesy Corn Bake Broccoli Mixed Berries Hushpuppies Rice Krispie Treat
21	Shepherd,s Pie Stewed Tomatoes Mango Breadstick Graham Crackers	22	Ham & Beans Roasted Carrots Cantaloupe Cornbraed Crackers	23	Biscuit Turkey Sausage Egg Sandwich Side Of Gravy Hash Browns Mango Juice	24	Pulled Pork Sandwich Sweet Potato Fries Lima Beans Blue Berry Crisp Wheat Bun	25	White Chicken Chili Yams Beans Mixed Fruit Cornbread Granola Bar
28	Swiss Mushroom Burgers Fries Mixed veggies Oranges Wheat Bun	29	Pork Chopsw/Gravy Green Beans Cauliflower Fruit Fluff Cornbread Goldfish Crackers	30	Chicken Tenders Corn Cole Slaw Watermelon Dinner Roll Animal Crackers	31	Meatball Sub Cheese Oven Roasted Potatoes Cheesy Broccoli Waldorf Salad Wheat Bun		